

## Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



119  
In 3 Hb  
Housekeepers' Chat

Thurs., March 8, 1928

NOT FOR PUBLICATION

Subject: "It's Time to Change the Breakfast Menus." This program, with the exception of the menus, and recipe, is a duplication of the "Housekeepers' Chat" released for broadcasting over a year ago, November 2, 1926. Repeated by request. (Don't think I couldn't have written another one.) Approved by the Bureau of Home Economics, U. S. Department of Agriculture.

---ooOoo---

My Next-Door Neighbor hailed me as I came home from town.

"Aunt Sammy," she called, "want to keep James and Matilda from getting a divorce? They haven't spoken to each other for two days. James says it's because Matilda comes down to breakfast in curl papers and flappy house-slippers. Matilda says it's because James always splashes his shaving lather over the bathroom floor. But I know better! It's the cold coffee, and cold fried eggs, she serves him for breakfast. The cafeteria will get James, if Matilda doesn't watch out. I know the symptoms."

"There, there," I tried to calm my Next-Door Neighbor. "Lots of people get spells when they won't speak to each other for a day or so. I've known that to happen in -- well, in lots of families."

"But this is serious, Aunt Sammy," she insisted. "Think of it! A cold fried egg every morning. It's gruesome!"

"It is bad," I agreed. "But what can I do about it?"

"Do about it! Tell Matilda something about breakfasts."

My Neighbor was so upset, that I agreed immediately to do as she requested. If you women will just stand by a few minutes, while I talk to Matilda, I'll see whether I can find you a good recipe.

In the first place, Matilda, is your table always set neatly? Yes, it is important. I heard of a man once who left home because the tablecloth was always askew. He was fond of flowers, too-- liked a plant, or a bowl of flowers, on the breakfast table. He was unusually sensitive --- a newspaper reporter, or something like that. A bright colored breakfast cloth and napkins would have pleased him no end.

Speaking of breakfasts in general, you know, Matilda, that one's daily food depends largely on his occupation. A man who chops wood all day needs more food, and different food, than does the man who sits at a desk. The muscle



R-H.C. 3/8/28

worker, exercising in the open air, can digest heavy foods in larger quantities. The sedentary worker -- a bookkeeper, for instance, who rides to and from work-- requires easily digested foods, in smaller amounts.

You probably do not know, Matilda, since you haven't been listening-in, that the common foods may be classified into five groups, according to their composition and uses. The five groups are: first, vegetables and fruits; second, meat, milk, and other foods depended on for complete, or efficient, protein; third, cereals; fourth, sugar and sugary foods; and fifth, fats and fat foods. There, I hope you wrote that down, because I don't want to repeat it.

A well-balanced daily diet, as I've said before, is the combination of those five foods in the proper proportions. This doesn't mean that you must serve one food from each group at every meal. And you could probably get by for a few days if one food group was omitted altogether. It's been done-- on a bread and water diet. But in the long run, a meal, a day's ration, or a weekly food supply in which each food group is represented, is likely to provide everything needed to make the diet wholesome and attractive. All the foods mentioned in these five food groups furnish body fuel, or material, that can be burned in the body to give it energy, and incidentally to keep up its temperature. As a general rule, the vegetables and fruits furnish about  $1/5$  of the fuel; the meat, eggs, milk, and similar foods,  $1/4$ ; the cereal foods,  $1/4$ ; sweets,  $1/10$ ; and fats,  $1/5$ .

You think I'm straying far from the subject of breakfasts? Not at all -- I had to explain all that to you Matilda, so you'd understand these breakfast menus I'm going to give you. They are suggested by the Bureau of Home Economics, for the average family. We will suppose that this family consists of a man and a woman, both doing moderately active muscular work, and three children, under 12 years of age. I'll give you a well-balanced breakfast suggestion for every day in the week, beginning with Sunday. You'd better write them down, Matilda-- they might come in handy, when James grows tired of eating the same dishes over and over.

All ready? Sunday-- Oranges, French toast, coffee or tea for the grown-ups, and milk for the children.

Monday-- Baked apples, breakfast cereal with milk, bacon, bread or toast with butter, coffee or tea for the grown-ups, and milk for the children.

Tuesday-- Sliced bananas, ready-to-serve breakfast cereal and cream, soft-cooked eggs, bread or toast with butter, beverage.

Wednesday-- Grapefruit, fried mush with bacon, beverage.

Thursday-- Fried apples and thin slices of ham, hot biscuits, beverage.

Friday-- Stewed prunes, waffles and honey-butter, beverage. The honey-butter is a combination of butter and strained honey, creamed together.

Saturday-- Canned peaches, breakfast cereal with cream, chipped beef on toast, toast with butter, beverage.



Fruit has been included in every menu. Fruit, fresh or cooked, stimulates the appetite, and makes one enjoy the rest of the meal. It supplies necessary vitamins and minerals, too. Of course, the fruit served for breakfast depends largely upon the season of the year. At this season you will use home-canned fruits, such as dried fruits as prunes, peaches, apricots, and figs, and such fruits as oranges, bananas, and grapefruit. I like a tart, fresh applesauce for breakfast. Prunecots, a combination of equal parts of stewed apricots and prunes, are a good dried fruit combination, when you want to vary the fruit part of the breakfast.

Some people seem to think that breakfast is a synonym for "bacon and eggs." But the eggs need not always be fried. Make a richly browned, light, fluffy omelet some time, Matilda, and see if James doesn't compliment you. Or poach him an egg, in milk, and serve it on a slice of crisp toast.

Other breakfast dishes he might like are Cooked Cereal with Chopped Dates or Seedless Raisins sprinkled on top; Fried Hominy Grits and Maple Sirup or Honey; Scrambled Eggs and Brains; and how about a little fish? Broiled Kipperred Herring might please him a lot.

As for breakfast breads, you need not have toast every morning. I can think of at least seven varieties of bread he might like, for breakfast: Corn Muffins; Graham Muffins; Toasted English Muffins; Cornbread (that's Johnny Cake) split, buttered, and toasted; Spoon Bread; Toasted Nut Bread; and Toasted Swedish Coffee Bread.

What's that? Never heard of Swedish Coffee Bread? I must give you the recipe, right now, for Swedish Coffee Bread.

Seven ingredients, for Swedish Coffee Bread:

2 cups milk	20 cardamon seeds, shelled, and crushed
1/4 cup fat	1 yeast cake
1 cup sugar	1-1/2 teaspoons salt, and
7-1/2 to 8 cups flour	

Listen carefully, please, while I repeat the seven ingredients: (Repeat)

Scald the milk in a double boiler. Then take out 1/2 cup of the milk. When it is lukewarm, add the yeast, and stir until dissolved. To the heated milk, in the double boiler, add the sugar, salt, fat, and cardamon seeds. Stir now and then until cool, and then add the yeast. Stir the liquid ingredients into the flour and mix well. Knead for ten or fifteen minutes until the dough springs back into place when pressed with the fingers. Put the dough into a greased bowl and grease the top lightly. Cover the dough and keep it warm until double in bulk. The dough may be divided, if desired, and one half made into a braided loaf, and the other half into fancy shaped rolls.

For the Swedish coffee braid, cut the dough into three or four long pieces of uniform size and roll between the palms of the hands until smooth and even; then braid. Put in a greased pan, cover, let rise, brush with a yolk of egg, slightly beaten, and diluted with 1/2 tablespoon of cold water. Sprinkle with sugar or ground nuts and bake in a moderate oven.

For the fancy rolls, take small pieces of the dough, roll between the hands, and shape into knots, half moons, or curls. Let rise, brush with egg, sprinkle with ground nuts or sugar, and bake in a moderate oven until golden brown.

